

# Resources for Veterans and Military Families 27 January 2021

### **Important Dates and Events**

 Beginning Monday, January 25, Howard County will begin providing COVID-19 vaccinations to residents ages 75 and older. All Howard County residents who want to register for vaccination are encouraged to <u>complete this survey</u> and provide contact information to the Howard County Health Department.

Please note: You WILL NOT receive an appointment after completing the survey. You will be emailed in the next 10 days with additional instructions explaining how to make an appointment.

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- CLICK HERE FOR THE 75+ SURVEY
- · CLICK HERE FOR THE 65-74 SURVEY

For more information on Howard County's vaccination distribution plan, eligibility requirements, and questions about the virus or vaccine, please <u>visit this website</u> or call the Howard County Health Department at 410-313-6300. If you require accommodations or assistance, please call the Howard County Health Department at 410-313-6300

- · Now <u>Howard County Economic Development Authority</u> Lots of grant opportunities listed here
- Jan and Feb Root Studio Workshops
- January 26 and every Wednesday, 6:30PM EST Free Yoga for Veterans and Service Members sponsored by The VA Way thru The Om Collective. NEW CLASS Mindful Warrior Yoga w Hamilton Arjuna Garces, A Marine Veteran with 3 tours. Mindful movement & deep relaxation. All levels welcome. Reduce anxiety, stress & depression Improve sleep

Improve sleep
Boost mood
Improve balance & flexibility
Gain strength & resilience
Calm your mind

Hamilton Arjuna Garces is a New Jersey native and Marine Veteran with 3 tours, including Afghanistan.

After 4 years of service, Hamilton lived with PTSD after combat. Seeking the mental and physical benefits of yoga, he took teacher training at Integral Yoga Institute in Fairlawn, New Jersey in 2017.

Hamilton is certified for more than 200 hours of asana and pranayama by Rev Premajyothi Devi and Rev Jagadesh. Hamilton also took intensive training at Yogaville in Buckingham, Virginia where he was mentored By Garuda Buss, an Army helicopter pilot veteran whom was Swami Satchidananda's personal pilot and good friend. Garuda is a Yogi with over 50 years of experience teaching through the Arts of Integral Yoga and teacher training world wide. Hamilton is also a healing arts practitioner utilizing the Native American Flute, crystal singing bowls, didgeridoo and more to create sound baths with frequencies and vibrations while using crystals to help balance the body, mind & spirit.

FREE Link to join: https://app.namastream.com/...Bottom of Form

- January 27 Healthcare Employment Info Session, 1-2:30pm
- February 1 NAMI Connections Virtual Veteran Support Group, 5:30-7pm. Questions or more information, please call 410 772 9300, or email Yulanda Blackston: yblackston.namihc@gmail.com for link.

Joining a Veteran Peer Support Group can help you to feel better in any number of ways, such as:

- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help
- February 2 Howard County Library Veteran Book Club. Veterans, both active and retired military, are invited to this online discussion series. During five monthly facilitated sessions, discussions center on military experiences and a unique set of readings, which may include classics, fiction, memoirs, poetry, short stories, articles, and essays. The readings relate in some way to military experiences or offer a veteran's perspective. 1st

Tuesdays February 2 - June 1 from 7 - 8:30 pm

Special Guest: Author Sergeant Carmelo Rodriguez will join the Veterans Book Group as they discuss his book on March 2.

Participants are encouraged to attend all sessions. Registration is open to Veterans/ active duty only, please. All reading materials are provided. Space is limited.

Veterans Book Group is coordinated statewide by Maryland Humanities

To register and for more information: https://live-

howardcounty.pantheonsite.io/events/veterans-book-group-2021-online

- **February Free Financial Literacy Webinars**
- Introduction to Homeownership

Tue 2/2 @ 1:00 PM - https://cccsmd2-2introtoho.eventbrite.com Thu 2/18 @ 7:00 PM – https://cccsmd2-18introtoho.eventbrite.com

Participants are introduced to the decision to buy or not buy; financial readiness; the importance of the credit report and score; introduction to loan options and lender guidelines; available resources. Duration: 1 hour

### Introduction to Renting

# Mon 2/8 @ 7:00 PM - https://cccsmd2-8introtore.eventbrite.com

# Thu 2/18 @ 1:00 PM - https://cccsmd2-18introtore.eventbrite.com

Participants learn about the process of renting and how to best prepare to become a renter, the importance of credit, effective communication tips to use with landlords and what your rights are under Fair Housing laws. Duration: 1 hour

#### Rental Eviction Prevention

# Wed 2/10 @ 7:00 PM - https://cccsmd2-10rep.eventbrite.com

Participants learn about the eviction process & causes, different types of eviction notices, impacts & ways to prevent eviction, discrimination & fair housing. Duration: 1 hour

### Credit and Credit Reporting

# Thu 2/4 @ 1:00 PM - https://cccsmd2-4credit.eventbrite.com

## Wed 2/24 @ 7:00 PM - https://cccsmd2-24credit.eventbrite.com

Participants are introduced to the importance of the credit report and how to understand and read the credit report; how a healthy credit report is important in finding and maintaining affordable housing. Duration: 1 hour

### Building Wealth Through Checking and Savings

### Wed 2/3 @ 7:00 PM - https://cccsmd2-3buildingwealth.eventbrite.com

Participants are introduced to reverse budgeting; the importance of finding the right checking and savings account for you; tips to help you get started today in working towards your savings goals. Duration: 1 hour

### Making Cents of Your Money - Budgeting

Mon 2/1 @ 7:00 PM – https://cccsmd2-1budget.eventbrite.com

Wed 2/10 @ 1:00 PM - https://cccsmd2-10budget.eventbrite.com

Thu 2/25 @ 7:00 PM - https://cccsmd2-25budget.eventbrite.com

Participants learn the importance of tracking expenses; making spending adjustments; the difference between needs and wants; recognizing that a sound budget is important to overall financial wellbeing. Duration: 1 hour

# **❖** Managing Finances in Uncertain Times New Webinar!

Thu 2/4 @ 7:00 PM - https://cccsmd2-4managingfinances.eventbrite.com

Tue 2/23 @ 7:00 PM - https://cccsmd2-23managingfinances.eventbrite.com

Wed 2/24 @ 1:00 PM - https://cccsmd2-24managingfinances.eventbrite.com

Participants learn how to handle their finances in unstable times, the importance of counseling, the impacts of financial hardships, crisis budgeting, relevant stats, debt relief options and more. Duration: 1 hour

### Scams & Identity Theft

Tue 2/2 @ 7:00 PM - https://cccsmd2-2scams.eventbrite.com

Thu 2/11 @ 7:00 PM - https://cccsmd2-11scams.eventbrite.com

Mon 2/15 @ 1:00 PM - https://cccsmd2-15scams.eventbrite.com

Participants learn to become more aware of current scams, how to protect against identity theft, how a victim can recover and how scams impact financial and housing stability. Duration: 1 hour

February 4 – Howard County Commission for Veterans and Military Families monthly meeting, 7pm. Open to the public. Email veterans@howardcountymd.gov for Webex link.

• **February 6 – NAMI Advocacy Day training.** 9am-12pm. Turn your passion and your lived experience into a positive voice for mental health with the NAMI Smarts for Advocacy training. NAMI Smarts for Advocacy will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers.

The NAMI Smarts Difference NAMI Smarts for Advocacy gives you step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference.

- February 6 1st Time Homebuyer 6-hour Webinar, 9am-3pm. Register at <a href="https://cccsmd2-6fthb.eventbrite.com">https://cccsmd2-6fthb.eventbrite.com</a>. For assistance in registering or if you have questions, call CCCSMD: (800) 642-2227.
- February 17 <u>Howard County Behavioral Health Summit Series in Partnership with Aetna</u> Session 4 <u>Behavioral Trends in Youth</u>
- February 23 Eastern Region Virtual Career Fair for Veterans, 11am-3pm.
- March 10 <u>Project Opportunity Veteran Entrepreneurship Program</u>. Info session Jan 17
- March 17, 2021 Howard County Behavioral Health Summit Series in Partnership with Aetna Session 5 Growing Your Wellness Toolbox
- Now Warrior Canine Connection is in search of Veterans, spouses and family members who are looking for an opportunity to give back. Come help WCC train service dogs that will later be placed with a Veteran who has a disability. Guided by the presence of professional service dog instructors, participants are given the responsibility of exposing our purpose-bred dogs to environments where sights, sounds, and varieties of people will challenge the service dog in training to stay on task.

This volunteer program is unique in that you are directly engaged in the service dog training process. Participants are given the opportunity to practice their own compassion, patience, frustration tolerance, accountability, consistency, social interactions, and team work. Enrollment in the program is voluntary, and commitment will depend on the participant's interest and availability. A Participant's time spent training a dog may only involve a portion of the dog's entire training process, however, it will add to the dog's overall repertoire of skills that are essential for the dog to be placed with a Veteran who has a disability. Please understand that the program does NOT provide participants with their own service dog, but instead allows participants to train a dog for another Veteran in need.

Please reach out to WCC's Veteran Training Program Manager for sign-up and any further questions. Emily McNeal emcneal@warriorcanineconnection.org 270-704-6412

- Every Tuesday Men's Roundtable, 10am-12pm. Join other men for civil discussions on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers. To register or for more information, <a href="mailto:khull@howardcountymd.gov">khull@howardcountymd.gov</a> or 410-313-7466. howardcounty.gov/aging
- Every Thursday Fort Meade Facebook Town Hall, 5:30pm. Education Town Hall
- Last Thursday of the month Veteran Career Club, 11am-12pm. Email anthony.butlersr@maryland.gov for more information

- **Every Thursday Meditate with Delphi** every Thursday, 8:30am. Free. Password: meditate
- Every Day <u>Veterans Yoga Project Livestreaming classes</u>
- 1st & 3rd Thursday of the Month Cohen Clinic Virtual Offerings, 11:30am 12:30pm EST Registration Required: <a href="http://bit.ly/CohenOfficeHours">http://bit.ly/CohenOfficeHours</a>
  Participants will receive an email with Zoom instructions after registering through
  Eventbrite. We encourage you to connect with us during Cohen Clinic Office Hours to learn more about our clinic services including outreach and case management. This is an opportunity for the entire community, potential and existing clients, and community partners to meet with us, and discuss: Information about our specific programs and services and sharing your ideas with us and letting us know how we can help you or your organization.
- The <u>Saratoga War Horse</u> equine assist program takes place during 3-day classes, offered several times each month. The average class size is 5 participants. The program is available to veterans and active duty service members from all branches of the military, regardless of when or for how long they served. The focus of this program is on helping participants get past the physiological symptoms of their Post-Traumatic Stress, or other trauma related issues. Saratoga WarHorse doesn't provide traditional "therapy," but does offer an undoubtedly therapeutic experience. There is NO cost for veterans or active duty service members to attend the Saratoga WarHorse program. We pay 100% of lodging, meal, and program expenses.

We have several classes scheduled this calendar year at the Baltimore County Agricultural Center, 1114 Shawan Rd. Cockeysville, MD 21030.

March - 5,6,7 / 16,17,18 / 26,27,28

April – 6,7,8 / 23,24,25

May - 4,5,6 / 14,15,16 / 21,22,23

June - 8,9,10 / 18,19,20 / 25,26,27

July - 6,7,8 / 16,17,18 / 23,24,25

August - 3,4,5 / 13,14,15 / 27,28,29

September - 7,8,9 / 17,18,19 / 24,25,26

October - 5,6,7 / 15,16,17 / 22,23,24

November - 2,3,4 / 12,13,14 / 19,20,21

December - (Nov 30),1,2 / 10,11,12

Those interested in finding out more about the program or attending a class may contact our Outreach Manger, Jason Marshall <a href="mailto:jason@saratogawarhorse.org">jason@saratogawarhorse.org</a> 518-531-3219 to register.

### Resources

# Situation Update - VA Maryland Health Care System COVID-19 UPDATES

We are currently in Phase 2 of our Moving Forward Plan. All VA Maryland Health Care System sites are open and scheduling virtual care appointments and limited face-to-face clinic appointments.

For the safety of our patients, we encourage the continued use of virtual care options (telehealth and video appointments) for specialty care, primary care and mental health services.

If you will be visiting a VA Maryland Health Care System facility for a scheduled clinic appointment or emergency or urgent care visit, you will find safety measures we have put in place to help reduce the risk of spreading the coronavirus. We encourage you to review the information linked below to prepare for your visit.

More details on COVID-19 and our Moving Forward Plan

# VA Maryland Health Care System COVID-19 Information for Patients FREE FLU SHOTS FOR VETERANS

With the coronavirus still spreading, getting a flu shot this year is more important than ever to help prevent being infected by both viruses.

For Veterans who still need to get a flu shot, we recommend visiting a community pharmacy that is a part of the VA network. This includes the following: CVS, Costco, Kroger, Safeway, Walmart and Wegmans. (Walgreens is NOT participating this year.)

To be eligible for this benefit, you must have received care from the VA in the past 24 months. No appointments or referrals are required to get a free flu shot at a community pharmacy that is part of the VA network, but please call the pharmacy before visiting to ensure they are participating. Please inform the pharmacy that you are a Veteran and show them your VA Veterans Health Identification Card. You can also share with the pharmacy the appropriate flu shot billing information available on the page linked below.

Veterans can also get free flu shots at other in-network community pharmacies and urgent care providers, at most scheduled VA clinic appointments, or at one of our drive-thru flu shot clinics. For more details, click the link below.

More details on how Veterans can receive a free flu shot

- Alchohol Addiction Support
- · EveryMind Hotline specialists are available by phone, text, and chat and operate your local National Suicide Prevention Lifeline. The community can also look to EveryMind's dedicated staff of mental health professionals for counseling services.
- ServingTogether Veteran Peer Navigator: 1.855.738.7176

24/7 Hotline Call or Text: 301.738.2255.

Chat: www.every-mind.org/chat/

https://suicidepreventionlifeline.org/chat/

- Howard County COVID-19 Updates
- Military/Veteran Crisis line: 800-273-8255
- · V-START Institute for Veterans and Military Families (syracuse.edu) Veterans Strategic Analysis & Research Tool
- Headspace Meditation and Mindfulness app free to Blue Star Families
- Gilchrist Hospice Services
- Homeownership Services
- The Veteran Owned Business Project
- Department Accepts Moderate Income Housing Unit Applications Howard County's Department of Housing and Community Development (DHCD) is now accepting applications for its Moderate Income Housing Unit (MIHU) program January open enrollment period, its first enrollment period of 2021. Applications are available online and completed applications can be submitted either online, mailed to 9820 Patuxent Woods Drive, Suite 224, Columbia, MD, 21046, or dropped off at DHCD's Patuxent Woods Drive office by appointment only. Applications are being accepted now through 5:00 p.m. Friday, January 29, 2021.

## **Newsletters, Articles and other Information**

- Maryland Department of Aging Medical Reuse
  Program DME.MDOA@maryland.gov or call 240-230-8000
- · State-wide Loan Closet Directory of organizations providing services in other counties
- Maryland Assistive Technology Reuse Group Facebook page provides an opportunity to list items you are looking to sell, give away or receive.
- Those Who Served: America's Veterans From World War II to the War on Terror (census.gov) It was published June 2020 based on the 2018 American Community Survey.
- Local Health Improvement Coalition Resources and Classes
- **Howard County 50+ Connection**
- VFW Newsletter
- Caregiver Support during COVID-19
- Parent Pages Jan newsletter, lots of great resources and free workshops
- 50+ Connection news and resources for our 50+ residents
- Military Veteran Caregiver Network
- Courses for Veterans and Military Caregivers and Families
- Program of Comprehensive Assistance for Family Caregivers (PCAFC) has expanded
- The Therapeutic and Riding Center is now participating in the PATH International Wounded Warrior Scholarship Program. Veterans are able to participate in 1 hour equine-assisted activities and therapy at no charge. Additionally, they can participate in group sessions with other veterans or their families.

### **Employment Information**

McAllister and Company Insurance

Marriottsville (Waverly Woods)
Customer Service Rep
Commercial Lines Producer
Full and part time

A fast growing, dynamic insurance agency in the Waverly community in Ellicott City is looking for a full or part-time individual to work in our office as a customer service representative and/or commercial lines producer. Experience in a similar environment is preferred, and being a licensed agent in Maryland is a plus. We will work with new hire to obtain required licenses. Flexible hours and a friendly, low-pressure work environment are available!

Email resume to <a href="mailto:james@macins.com">james@macins.com</a>

· Mechanic - Fleet (NO CDL required) Wrk Wk: Tues- Sat - PepsiCo Corp - Columbia, MD (\$27.50-32/hr)

# Allied Universal Security Jobs

### **JOB OPPORTUNITIES**

### **Security Patrol Driver 1288560**

- Be at least 21 years of age with a high school diploma or equivalent
- 1-year of security experience
- Comfortable using a tablet or computer
- Have a valid driver's license for the state in which applying and must be eligible to meet our company driving standards.
- Valid guard card/license, as required in the state for which you are applying.

### **Security Officer 1288555**

- Be at least 18 years of age with a high school diploma or equivalent for non-driving and 21 years of age for driving positions
- 2 years of security experience
- Valid guard card/license, as required in the state for which you are applying.
- As a condition of employment, the employee must successfully complete a background investigation and a drug screen in accordance with all federal, state, and local laws

### Security Guard 1288548

- Be at least 18 years of age with a high school diploma or equivalent for non-driving and 21 years of age for driving positions
- 2 years of security experience
- Valid guard card/license, as required in the state for which you are applying.

#### **Security Shift Supervisor 1288542**

- The Shift Security Supervisor will supervise and coordinate the delivery of quality services on a specific shift at an assigned customer.
- The Security Shift Supervisor will act as a liaison between the site supervisor, Account Manager/Field Operations Manager, and professional security officers.
- Supervise staff on assigned shift, providing coaching, recognition, and discipline within the approved empowerment range.

### **HOW TO APPLY:**

**Veterans are encouraged to apply** for more information go to: www.mwejobs.maryland.gov; and place the appropriate job order number onto the job order search tab

- Ripple Effect Ripple Effect is hiring! Ripple Effect is a professional consulting firm specializing in federal contracts in the areas of Communications & Outreach, Research & Evaluation, and Project Management & Policy. Many of our client-site locations partner with military communities, such as Travis Air Force Base in Fairfield California, Ft. Detrick in Frederick, MD, Naval Medical Research Center in Silver Spring, MD, and more. Our flexible work environment caters directly to the needs of veterans, military spouses, and the general military family community. We currently have a few open positions, including a Data Manager, Policy Analyst, and a few Communications and Writing Specialist roles. Please check out our Careers website at <a href="https://apply.workable.com/the-ripple-way/">https://apply.workable.com/the-ripple-way/</a> and apply to the role that best fits you. We would love for you to join as a valued member of our team!
- Howard Community College Introduces Electrical Apprenticeship

If you or someone you know is seeking employment, the first step is to register for assistance with the Maryland Workforce Exchange (MWE) <a href="mailto:mwejobs.maryland.gov">mwejobs.maryland.gov</a>.

The Maryland Workforce Exchange has staff specifically dedicated to serve veterans with priority of service. Currently, MWE is conducting business virtually and can assist veterans with their resumes as well as connecting them with employers via virtual job fairs. Besides helping veterans craft a resume, there are programs to increase a veteran's opportunity to get an interview including the Work Opportunity Tax Credit (WOTC) that offers employers an incentive to hire veterans. Additionally, veterans may be eligible for on-the-job-training through the Workforce Innovation and Opportunity Act. Further, service-connected disabled veterans may also be eligible for paid training through the US Department of Veterans Affairs, Veteran Readiness and Employment under Chapter 31. The MWE has trained staff near you that can assist you in finding the right career.

Also, there are nonprofit organizations who will also assist you in finding a career including the <u>Veterans Staffing Network (VSN)</u> which is part of Easter Seals. VSN also has career coaches that will assist you with your resume as well as introduce you to employers who are looking to hire on a temporary basis with a possibility of permanent employment.

• SANS Institute Cyber Workforce Academy. Our students have the opportunity to complete two SANS training courses and their corresponding GIAC certifications in preparation to enter the cybersecurity workforce in the state of Maryland. The cost of the training and certifications is 100% tuition free to the students and provided in part by the EARN Maryland grant and the SANS Institute.

Please visit this link for an overview of the Academy:

https://www.prnewswire.com/news-releases/the-sans-institute-receives-earn-maryland-grant-renewal-continues-to-grow-states-cybersecurity-talent-pipeline-300886554.html

Please visit this link to hear what one of our graduates has to say:

https://wamu.org/story/19/07/02/to-combat-a-talent-shortage-cybersecurity-companies-seek-diverse-candidates/

• Waste Management - We are in need of filling positions for CDL Drivers in Gaithersburg, MD. Up to \$7000 in Sign on bonuses are being offered for these positions. If you would be so kind as to share the attached flyer within your networks and wherever else you see fit, as well as reply to this email to confirm receipt, it would be greatly appreciated.

Waste Management offers exceptional, unmatched benefits, sign-on bonuses, and career advancement opportunities.

We have found that veterans are a great fit in our organization – in fact, one in twelve of our employees are former military. We encourage any and all qualified veteran's to apply online, https://careers.wm.com/

Remote Jobs for Military-connected and Veterans - Serving Together Peer Navigators want to connect you with those vetted employers who understand your and your clients' challenges and who value the unique skill set, experience, and resiliency our population brings to the work environment. If you are a Veteran, Guard, Reserve, Transitioning Active Duty, Spouse, or Caregiver, contact our Peer Navigators at 301-738-7176, M-F 9am-4:30pm or you can fill out a Get Assistance Form

 $\underline{at\ \underline{www.servingtogetherproject.orghttps://www.bing.com/search?q=amazon.com\%2Fnortheast\underline{mdjobs\&src=IE-SearchBox\&FORM=IESR4A} }$ 

### **Veteran Employment Resource Center** | https://rmvets.com/2020vetresources

- Resume-writing tutorials & guidelines specific for military members and veterans
- How-to / Instructional videos
- Interviewing techniques and best practices guidance

Military Spouse Resource Center | https://rmvets.com/2020spouseresources

• Resume-writing tutorials & guidelines specific for military spouses

- How-to / Instructional videos
- · Interviewing techniques & guidance

Search & Employ Magazine | https://rmvets.com/2020searchandemploy

• Digital bi-monthly military and military spouse employment focused publication

# Community College of Baltimore County (CCBC) free Offerings:

100% Funding Available through Governor's Emergency Education Relief (GEER)

For Select Programs:

Administrative Professional

Certified Apartment Maintenance Technician

Child Care Professional

Forklift Operator

Home Inspector Pre-License

HVAC/Refrigeration Technician

Pharmacy Technician

Real Estate Salesperson

Eligibility:

United States Citizen

Employment Affected by COVID-19

Maryland Residency

Limited spaces available! For eligibility and registration information, call 443-840-4700 or chat

at ccbcmd.edu/coned

# Other Job Opportunities:

**Gregory Ingram**, Disabled Veterans Outreach Program (DVOP) Specialist

Division of Workforce Development and Adult Learning

Maryland Department of Labor

2 South Bond Street, Suite 204

Bel Air, MD 21014

gregory.ingram@maryland.gov

(410) 836-4630 (O)

(443) 699-3659 (M)

Website | Facebook | Twitter

Roslyn Jones, Regional Veteran Employment Manager

Division of Workforce Development and Adult Learning

Maryland Department of Labor

3637 Offutt Road

Randallstown, MD 21133

roslyn.jones@maryland.gov

410-887-0377 (O)

443-462-7867 (C)

Website | Facebook | Twitter

Max Outreach - OutreachCoordinator@maximus.com or by phone at 1-800-274-8582 ext 185

Howard County Workforce Development, Orion Jones at ojones@dllr.state.md.us